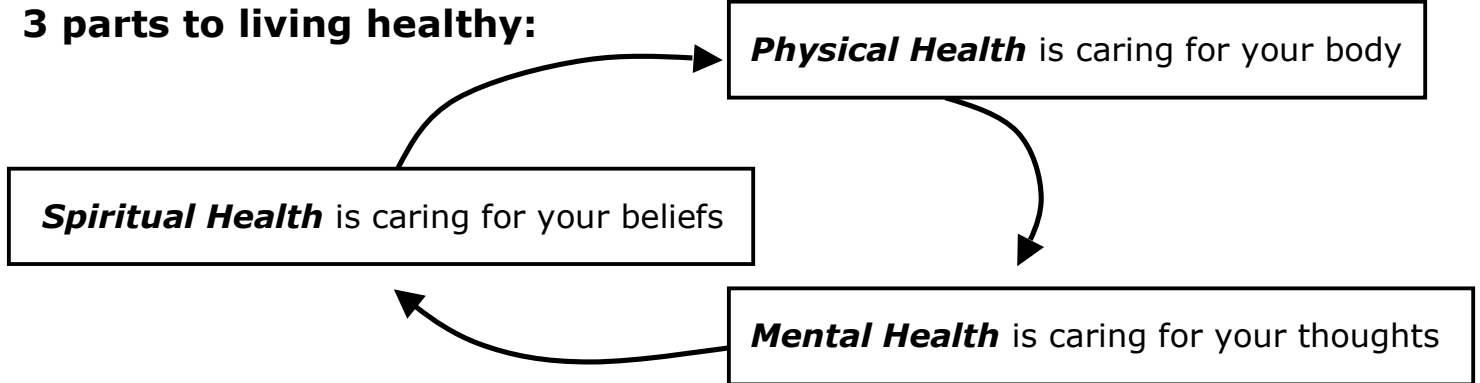


# Self-Advocacy Online's Guide to Living Healthy

## 3 parts to living healthy:



All parts of being healthy are very important. They are all connected. Each part supports another part. For example, when you are physically healthy, your mental health is better.

Below is a list of ways to improve your health in each area.

### **Physical Health**

- Variety: Eat from all the food groups
- Balance: Don't eat too much!  
Eat the right amount from each food group
- Portion: Eat the right size  
One serving of meat = deck of cards  
One serving of potato = tennis ball
- Exercise daily (walk, dance, bike, swim, take aerobics, etc)
- Take the stairs, not the elevator
- Rest your body
- Sleep enough so you are rested
- See your doctor

### **Spiritual Health**

- Practice a religion (go to church/pray)
- Know what you believe
- Do things you believe in (volunteer)
- Do things that make a difference
- Let other people have their own feelings, even if you don't agree

### **Mental Health**

- Say how you feel and think
- Make new friends
- Spend time with family and friends
- Accept other people's opinions
- Say or do nice things for people
- Laugh and joke, even on bad days

**Circle 2 items from each list. Improve your health by doing those things!**

**Show it to a friend. Ask them to join you. You can help each other stick to it.**